

FACULTY OF HEALTH SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

Course: HH/PKIN 0409 MODERN PRACTICAL SELF DEFENSE

Term: Summer 2017

Prerequisite / Co-requisite: None

Course Instructor

Dr. Olivier BIROT, Associate Professor
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Time, Location, Individual equipment

S2 2017 (PKIN 0409) M M/W 12:30-14:30 TM – Studio 2

Individual equipment

- Comfortable sportswear (shorts or training pants).
- Barefoot (clean indoor shoes are accepted if they have no marking white soles to protect the mats).
- Water (recommended).
- Groin protector (e.g. as used for hockey) is strongly recommended for male students.
- Mouthpiece is optional.

Important notes:

- **For hygienic reason**, students showing up **in their regular outside clothing** will not be accepted in class.
- **For safety reason**, no watch, no jewellery (ring, bracelet, necklace) will be accepted in class.
- **No drinking/eating in the martial arts studio (except water bottle).**

Expanded Course Description

This practicum combines fitness and training philosophies from multiple self-defense disciplines. This course will teach the students to prevent and deal with many kinds of violence. The course covers several self-defense topics such as prevention, avoidance, escape, and defending various attacks. Prerequisite: None.

Organization of the Course

All classes include a warm-up, the presentation of a problematic situation and how to solve it using various technique or attitude, the practice of the technique, various drills including defending against various unarmed and armed attacks: punches, kicks, grabs, holds, push, groundwork, and multiple attackers.

Course Learning Objectives

This PKIN helps the students to develop self-confidence, awareness, and to work in teams. Techniques are directly based on the natural reactions of the human body, which makes of it an interesting and exciting topic for kinesiology students.

Course Text / Readings

None

Evaluation

The final grade for this PKIN will be based on the following items weighted as indicated:

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| - Participation and engagement | 50% |
| - Testing of self-defence skills | 35% |
| - Multiple choice exam | 15% |

Note that “Participation and engagement” also takes into consideration the regular attendance to classes. Only four absences without any documentation are allowed. Note that students are expected to be in class on time. Students showing up too late will be considered as absent.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York’s Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation